

Growing Healthy Families

BRATTLEBORO DISTRICT OFFICE • Vermont Department of Health, WIC Program
232 Main Street, Suite 3, Brattleboro, VT 05301 • 1-802-257-2880 or 1-888-253-8805

Hauntingly healthy Halloween

Monday, October 31; 2:30–3:30 p.m.

**WIC Office, 1st floor; Vermont Department of Health
232 Main Street, Brattleboro.**

Looking for something fun to do with your little monster? Join your WIC nutritionists to turn apples, carrots, and bananas into spooky Halloween treats that your kids are sure to love! Sample goblin grins, edible eyes, dead man's fingers, and caterpillar kabobs, topped off with delicious putrid punch! Bring the kids in their scariest costumes, and we'll have a spooky time!

For more information and to sign up, please call 251-2104.

End-of-the-season gardening

Thursday, September 8

WIC Office, 1st floor

**Vermont Department of Health
232 Main Street, Brattleboro**

Join Cindy Twombly, Public Health Nurse (and Master Gardener), for this end-of-season vegetable gardening class. Learn how to put your garden to bed, and why it's important. We will make basil pesto and share some recipes that use zucchini and tomatoes. If you have a recipe to share, please bring it to class!

Call Cindy at 251-2139 for more information or to reserve your spot.

**All activities are FREE
of charge!**

Baby behavior

Mondays, 10:00–10:45 a.m.

September 19 and November 14

WIC Office, 1st floor

**Vermont Department of Health
232 Main Street, Brattleboro**

In this class we'll talk about how to better understand your baby. Babies are all born able to communicate by using cues to show what they need, but it's not always easy to know what they're trying to tell you! We'll talk about these cues and how to respond to them. Please join us to share stories about how you communicate with your little one. If you'd like to have a family member or friend come with you, feel free to bring them along!

For women late in pregnancy and families with infants less than 6 weeks old.

For more information and to register, call Sharon Davis, RN. at 251-2102.

Preparing for birth and the first 10 days

Wednesday, October 12

1:00–1:45 p.m.

WIC Office, 1st floor

**Vermont Department of Health
232 Main Street, Brattleboro**

Whether it's your first baby or you're an experienced breastfeeding mom, WIC is here to help you get off to a great start. Knowing what to expect, being prepared for some challenges, and knowing where to go for support can help you stick with breastfeeding through those first few weeks.

We'll talk about what happens in the hospital, and what to expect from your newborn when you get home. You'll learn how to tell if your baby is getting enough to eat, if s/he is having enough wet and poopy diapers, and who to call when you have questions. You can do it and WIC can help. Dads and other supports are welcome, too!

For more information and to register, call Sharon Davis, RN. at 251-2102.

